

University of Massachusetts Medical School

eScholarship@UMMS

UMass Center for Clinical and Translational
Science Research Retreat

2016 UMass Center for Clinical and
Translational Science Research Retreat

May 20th, 12:30 PM

The Use of Complementary and Alternative Medicine (CAM) and Imported Medications by Brazilians in Massachusetts

Adriana Negrini

University of Massachusetts Medical School

Et al.

Let us know how access to this document benefits you.

Follow this and additional works at: https://escholarship.umassmed.edu/cts_retreat



Part of the [Alternative and Complementary Medicine Commons](#), and the [Community Health and Preventive Medicine Commons](#)

Negrini A, Dalla Costa R, Hernon C. (2016). The Use of Complementary and Alternative Medicine (CAM) and Imported Medications by Brazilians in Massachusetts. UMass Center for Clinical and Translational Science Research Retreat. Retrieved from https://escholarship.umassmed.edu/cts_retreat/2016/posters/58

Creative Commons License



This work is licensed under a [Creative Commons Attribution-Noncommercial-Share Alike 3.0 License](#).

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in UMass Center for Clinical and Translational Science Research Retreat by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.

The Use of Complementary and Alternative Medicine (CAM) and Imported Medications by Brazilians in Massachusetts

Adriana Negrini, BA, Renata Dalla Costa, BS, Christina Hernon, MD
University of Massachusetts Medical School

ABSTRACT

Background: The use of CAM products and imported pharmaceuticals has been rising in the United States. These practices are particularly common in Latino populations. This descriptive study sought to investigate the use of pharmaceuticals imported from Brazil and CAM products by the Brazilian population in Massachusetts.

Methods: A brief anonymous survey was administered online via social media and in paper during visits to Brazilian establishments to a sample of first-generation Brazilian immigrants residing in Massachusetts. The survey questionnaire was administered in Portuguese and explored participants' use of CAM products and imported pharmaceuticals as well as patient disclosure of use to physician.

Results: 595 surveys responses were collected and a total of 540 surveys were included in the statistical analysis. 59.1% of respondents reported having used imported medications from Brazil during their time of residence in the US. The most commonly used classes of imported medications were analgesics and antibiotics. 31.5% of participants reported use of CAM products; most commonly for cold-like symptoms. CAM products and imported medications were most often obtained through friends or relatives who brought them from Brazil. 63.9% of respondents did not inform their physician about their use of imported medications and/or CAM products. The most common reason for not reporting was because the doctor did not ask.

Conclusions: To improve care of Brazilian immigrants, it is essential that US physicians ask patients about the use of imported medications and CAM products. Familiarity with the most commonly used products is important for patient education regarding efficacy, toxicity, and possible drug interactions.

Adriana Negrini
adriana.negrini@umassmed.edu
(781) 420-2108

Class of 2016
School of Medicine
University of Massachusetts